

Be well, and well informed

At CalPERS, we care about your health. We collect and analyze information on our health care trends and costs. The data provides opportunities for all of us to learn how to use our health care benefits more efficiently, stay healthy, and contribute to affordable health care for everyone.

Living Well with Diabetes

Our data shows that diabetes is the fastest growing chronic condition among CalPERS members. Many of our members with diabetes are ending up in the emergency room or being admitted to the hospital because they are not managing their condition properly.

In 2007, diabetes accounted for more than \$100 million of health care costs for our Basic (non-Medicare) members. You can help us keep those costs down by taking your diabetes medication as directed and seeing your doctor on a regular basis. Our data shows that diabetic members who complied with their medication had significantly fewer hospital admissions and lower health care costs.

If you have diabetes, here are some tips to help you manage your condition and improve the quality of your life.

- **Get educated.** Learn about your additional risk factors for diabetes, including obesity, physical inactivity, high blood pressure, unhealthy cholesterol levels, smoking, and a family history of diabetes.
- **Be proactive.** Take steps to reduce your risk factors, such as eating a healthy diet, being active, monitoring your blood sugar, losing weight, and considering options to quit smoking.
- **Take charge.** Practice self-care. Choosing to take care of yourself on a daily basis is an important part of managing your diabetes and staying healthy. By making good choices, you can help keep your diabetes under control and prevent serious complications, such as blindness, kidney damage, heart disease, and stroke.

For more information about the health of CalPERS members, including a listing of online resources for diabetes, visit CalPERS On-Line at www.calpers.ca.gov/bewellinformed.